
WELLNESS ITINERARY

Discover the beauty of Bentota while enjoying the serenity and experience ultimate relaxation.

DAY 01: 18th October 2020

BREAKFAST AT CINNAMON LAKESIDE – 7.00 – 8.00

CHECK-IN AT CINNAMON BENTOTA BEACH – 10.00 – 10.30

INTRODUCTION TO THE PROGRAM – 11.30 – 12.30

- *Introduction to a whole food and or raw food diet, and technology detox.*
- *Introduction to ocean therapy with 'you are the sea*

LUNCH AT HOTEL – 12.30 – 1.30

DOWNTIME – 14.00 – 15.00

ART THERAPY 'MINDFULNESS' - 15.00 – 16.00

LOCAL EXCURSION "CYCLING WITH NATURE TRAILS" – 17.00 – 18.00

SPA TREATMENT – 18.00 – 19.00

DINNER AT HOTEL – 19.30 – 20.30

19th October 2020 - DAY 02

MORNING YOGA SESSION – 6.30 – 8.00

BREAKFAST AT HOTEL – 8.00 – 9.00

TRAVEL TO AMBALANGODA – 9.00 – 9.30

LUNCH AT HOTEL – 12.30 - 13.30

SPA TREATMENT – 14.00 – 15.00

MEDIATATION SESSION 'FINDING ONESELF' – 15.30 – 16.15

TECHNOLOGY DETOX RETREAT – 16.30 – 18.00

PRO BAR SESSION – 19.00 – 19.30

DINNER AT HOTEL – 19.30 – 20.30

20th October 2020 – DAY 03

OCEAN THERAPY WITH ‘YOU ARE THE SEA’ – 6.30 – 8.00

BREAKFAST AT HOTEL – 8.00 – 9.00

TRAVEL TO AMBALANGODA – 9.30 – 10.00

MASK AND BATIK MANUFACTURING EXPERIENCE – 10.30 – 12.00

RETUN TO HOTEL – 12.00 – 13.00

LUNCH AT HOTEL – 13.30 – 14.30

SPA TREATMENT – 15.00 – 16.00

ART THERAPY ‘WELLBEING’ – 16.00 – 17.00

DOWN TIME – 17.00 – 18.00

PRO BAR SESSION – 18.30 – 19.00

DINNER AT HOTEL – 19.00 – 20.00

21st October 2020 – DAY 04

YOGA SESSION

BREAKFAST AT HOTEL – 7.00 – 8.00

MEDITATION SESSION ‘NEED TO DECONDITIC’ 8.30 – 9.30

OCEAN THERAPY WITH ‘YOU ARE THE SEA’ – 9.30 – 11.00

DOWNTIME – 11.00 – 12.30

LUNCH – 12.30 – 13.30

SPA TREATMENT – 15.00 – 16.00

DISCUSSION ON HEALTHY EATING – 16.00 – 18.00

DOWNTIME – 18.00 – 19.00

DINNER AT HOTEL – 19.30 – 20.30

22ND OCTOBER 2020 - DAY 05

BREAKFAST AT HOTEL – 8.00 – 9.00

CHECK-OUT AND PROCEED TO COLOMBO – 9.00 – 11.30

CHECK-IN AT CINNAMON LAKESIDE – 11.30 – 12.00

LUNCH – 12.30 – 13.30

COLOMBO CITY TOUR – 14.30 – 17.00

DOWNTIME AT HOTEL – 17.30 – 18.30

PRO BAR SESSION AT COLOMBAR – 18.30 – 19.00

DINNER AT CINNAMON LAKESIDE – 19.00 – 20.00